

AXIS MUNDI

ISSN 1839-4396



AUTUMN 2013 ~ ISSUE 55



Soul Searchers Spiritual Centre

A new Spiritual/Training Centre has opened in Sylvania Waters in the Sutherland Shire.

Soul Searchers Spiritual Centre is a venue that creates a meeting place that is supportive of all spiritual belief systems.

Our mission is to enrich people's lives through social gatherings, education, healing & psychic practices.

Our training facility is available to the spiritual community as well as organisations and corporations for training, functions, classes, seminars, conferences, workshops, meetings and alternative therapies.

Soul Searchers Spiritual Centre is your one-stop place for all of your spiritual development needs, including an online booking facility to register your event or to book your place at an event.

We provide free advertising of your event on our website, Facebook and in SOL online magazines. We are always happy to discuss your ideas and help you bring them to life. Don't hesitate, pick up the phone or email us and say hi!

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Cover Anubis by Judith Page

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Note from the Editor

Eclipsed!



Well we can all breathe a sigh of relief as we have now come through the last batch of eclipses. Whatever emotional states that these eclipses create over the next few months the trick is just to go with the flow. Easier said than done I know, but if you can keep your mind engaged and focused on your energy whilst introducing innovations into your life then you are more likely to weather the storm.

Change is the current catchphrase of so many people and change we will have, which after all it is the only constant in our life. There is no doubt that we are entering a period of emotional and spiritual turbulence which is all part of the natural cycle of life.

The only way we can maintain our balance is to let go of what is redundant; which includes our life styles, out-dated beliefs and anything that doesn't serve our best interest. Once this takes place our life can be rejuvenated thus allowing us to move to a new evolutionary level of creation.

It is comforting to know that everything in this Universe has an ending point and a starting point and everything IS as it should be.

Blessings

Janine

Winter

By Janine Donnellan



Winter is a time to go within, to connect to your physical, emotional and spiritual bodies and those aspects of your life, which make up your past. It is in this time of hibernation when you can review your spiritual growth and analyse the path you have taken and the lessons you have learned.

Winter is a time when what lies underneath, what has been buried for so long rises to the top to be dealt with. Winter is a time when you can clear out old growth and those aspects of your life that no longer serve a meaningful purpose. As the wheel turns we need to acknowledge our own mortality, death is close at hand, whether it is death of a situation, or our own inevitable death.

Winter solstice or Yule is the shortest day, and the longest night of the year. It marks the return of the Sun's warmth and light, and the promise once again of a productive Earth. The Winter Solstice falls on the shortest day of the year 21st June in the Southern Hemisphere and 21st December in the Northern Hemisphere. In ancient times, much celebration was to be had as the ancestors awaited the rebirth of the Sun King, the Giver of Life that warmed the frozen Earth and made her to bear forth from seeds protected through autumn and winter in her womb. Bonfires were lit in the fields, and crops and trees were "wassailed" with toasts of spiced cider.

Did you know that it was also the Druids who began the tradition of the Yule log? The Celts thought that the sun stood still for twelve days in the middle of winter and during this time a log was lit to conquer the darkness, banish evil spirits and bring luck for the coming year.

Hel – Norse Goddess of the Dead

By Frances Billinghamurst



*Listen now, my good Sir Ager!
Dearest bridegroom, all I crave
Is to know how it goes with thee
In that lonely place, the grave.'
Every time that thou rejoicest,
And art happy in thy mind,
Are my lonely grave's recesses
All with leaves of roses lined.'*

*Every time that, love, thou grieveest,
And dost shed the briny flood,
Are my lonely grave's recesses
Filled with black and loathsome blood.*
(Ballad of Ager and Else , Longfellow's
translation)

As far back as the 9th century, Hel had found her way into Nordic poetry. Here, within the *Heimskringla* and later in the 10th century *Egils Saga*, as well as the more popular works from the 13th century, the *Poetic Edda* (compiled from earlier traditional sources) and the *Prose Edda* (written by Snorri Sturluson also in the 13th century), Hel was mentioned as being the ruler of the Nordic Underworld, that also bore her name. When a Norse was to die, they “went to Hel”.

The *Prose Edda* described Hel as being half alive (flesh coloured) and half dead (coloured black), with a “gloomy down-cast appearance”, and the bones on one side of her face exposed. With the wave of her hand, Hel is able to cause death, decay and disease. When the “Black Death” epidemic of the Middle Ages depopulated villages across Scandinavia, it was Hel who was considered responsible for having left her dismal abode and riding about the land on her broom spreading the bubonic plague. Even today, she is said to ride across the earth upon a three legged white horse.

The daughter of trickster god Loki and a giantess, Angrboda, it is within the *Prose Edda* that the story of “*Gylfaginning*” can be found. Referred to the creation of the world, this story indicates that the union of Loki and Angrboda resulted in Hel, the wolf Fenrir (who could destroy Asgard during Ragnarok), and Jörmungandr, the serpent who lay at the bottom of the ocean wrapped around the world with his tail in his mouth (as he held the world together). When the Norse Gods “traced prophecies that from these siblings great mischief and disaster would arise for them” then the gods expected a lot of trouble from the three children, partially due to the nature of the mother of the children, yet worse so due to the nature of their father. As such, Odin provided Hel with her own realm that was located in Niflheim (Helheim), (the “abode of mist”). Here she held authority over the nine worlds that were unified by the world tree, Yggdrasil. In exchange, Hel gifted Odin two ravens, Huginn (“thought”) and Muninn (“memory”), who acted as the messengers between this world and the next, opening the pathways to death’s own realm.

As the ruler of Niflheim, Hel had to “administer board and lodgings to those sent to her, that is, those who die of sickness or old age”. She is the judge who determines the fate of each soul that enters the Afterlife. To the “evil dead”, she banishes them to the torturous realms of icy cold (a fate considered by the Nordic people to be worse than a lake of fire). Unlike the later Judeo-Christian perception of “Hell” (taken from the Nordic Goddess’s name), Niflheim was also perceived as a place of shelter and gathering for souls that were about to incarnate. Hel also watched over the souls how did not choose the path of war and violence and who died peacefully of old age or illness, as well as women and children who died at childbirth. This latter concept has seen Hel become identified as a special guardian of children.

One of her key roles is the attempted resurrection of Odin’s second son, Baldr, who died after being tricked into taking part in a competition that was rigged by Loki, Hel’s own father.

According to the *Gesta Danorum*, accredited to being written by Danish historian Saxo Grammaticus in the 13th century, Baldr had a prophetic dream whereby the ancient Roman Proserpina (interpreted by Grammaticus as the “goddess of death”) stood by his side and informed him that she would clasp him in her arms in three days’ time. Upon hearing this, Frigg, Baldr’s mother, made every object on earth vow that it would never hurt her son. The only exception was the mistletoe which Frigg had thought was unimportant and non-threatening, or too young to undertake such an oath. Upon hearing this, Loki fashioned either an arrow or a spear from the plant. Three days later, during a game the gods were playing that involved hurling objects at Baldr that harmlessly bounced off him; Loki gave the newly fashioned spear to Baldr’s brother, the blind god Höðr to throw. Being made from mistletoe, instead of causing no injury, the mistletoe arrow or spear inadvertently killed Baldr. As such, Odin and the giantess Rindr conceived Vali who grew into manhood within a day, and slew Höðr.

Baldr's arrival at Hel's realm was marked by a banquet and festival, however his presence was missed by the other Gods, so Frigg sought for any volunteers to enter Hel's realm and offer the fearful Goddess a ransom in exchange for Baldr. The reward of such a heroic deed would be "all her love and favour". Hermóðr undertakes this task and upon his arrival at Niflheim, begs Hel to release Baldr as a great weeping had occurred throughout Asgard since his death. In response, Hel indicated that this love for Baldr that Hermóðr claimed had to be tested as "if all things in the world, alive or dead, weep for him, then he will be allowed to return to the Æsir. If anyone speaks against him or refuses to cry, then he will remain with Hel."

When the giantess Pökk refused to weep over Baldr's death and declared that Hel should "hold what she has", the other Gods believed that she was actually Loki in disguise. But her refusal to shed a tear ensured that Baldr had to remain in Niflheim where he was not able to emerge until after Ragnarök (the end of the world), when he would be reconciled with his brother Höðr and together they would rule the new earth along with Thor's sons.

The Nordic shamans, the Seidhr, call upon Hel for her protection when they put on the helkappe, a magic mask, that renders them invisible and which enables them to pass through the gateway into the realm of death and spirit. Hel is also associated with the runic symbol "Hagalaz" (meaning "hailstone" or "destruction") which refers to a change through crisis or having past patterns confronted. Often considered to contain negative attributions such as losing power or property, or even obsession with the past, the Hagalaz rune can also shock the person into the 'reality of things' as opposed to a continuation of rose-tinted perceptions. At times it is only through experiencing the ill effects of one's own accountability that opens to a deeper spiritual awakening and profound unconscious exploration.

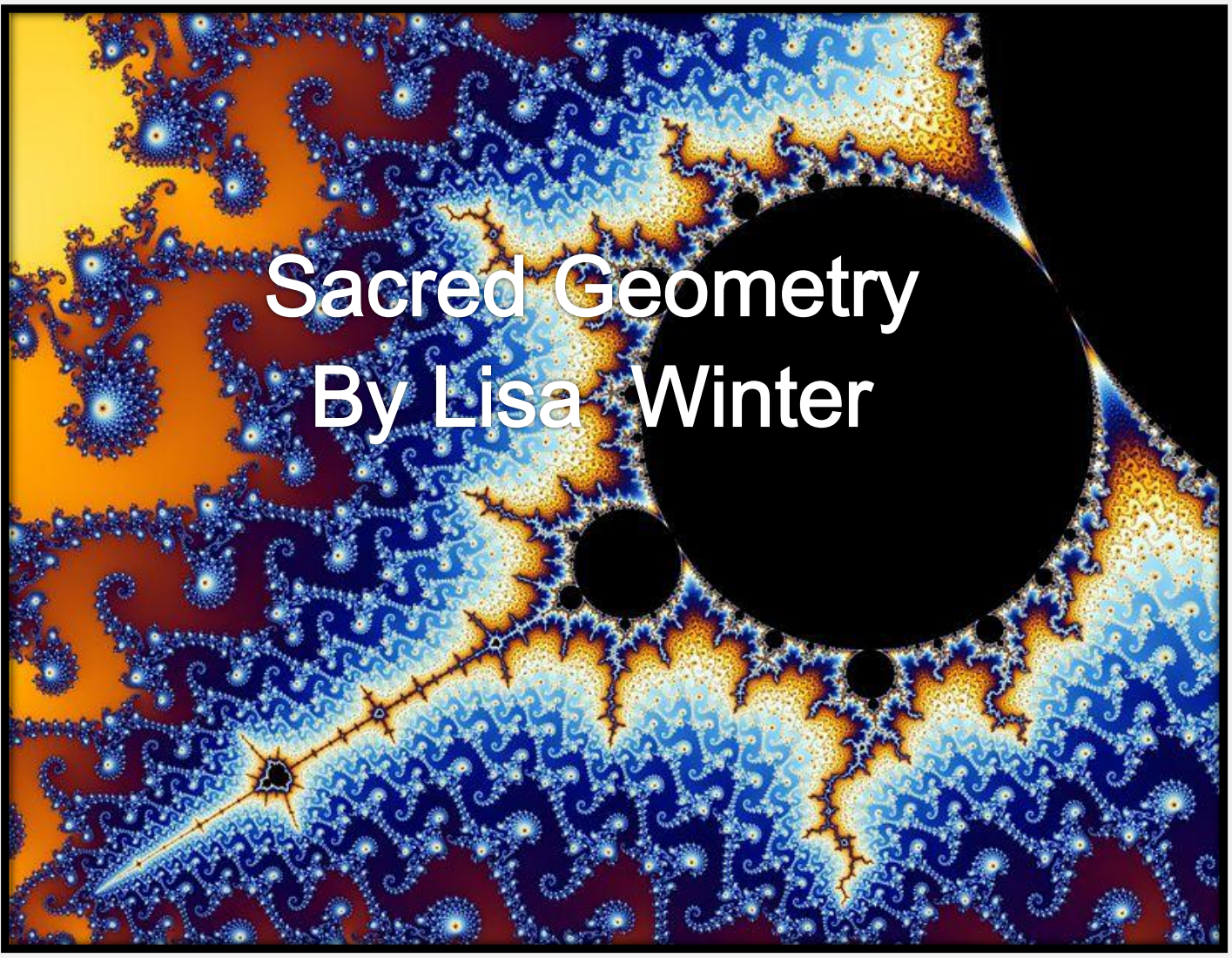
Similar to other "dark Goddesses, Hel's arrival in our life may cause initial discomfort and at times, even deep emotional pain; however, when we emerge at the end of the tunnel, we find ourselves permanently transformed and spiritually alive.



Frances Billingham is an initiated Wytch and practicing occultist for over 20 years, Frances is an avid writer with articles and essays appearing in over 20 publications and an increasing number of anthologies. Limited numbers of her book, *Dancing the Sacred Wheel: A Journey through the Southern Sabbats* are available through the Temple of the Dark Moon's web site: www.templedarkmoon.com or by writing to the author care of PO Box 2451, Salisbury Downs SA 5108 Australia.

Picture - Hel by ~DavidGaillet on deviantART

davidgaillet.deviantart.com



Sacred Geometry

By Lisa Winter

Sacred Geometry is different from traditional geometry as it is the study of shape and form and how they relate to the spiritual dimensions of creation.

This kind of geometry shows the relationship between ourselves and creation. Everything has an underlying geometric template which links to the cosmos. Sacred geometry symbolises the connections of form, movement, space and time.

Sacred Geometry has its roots in the study of nature and the mathematical principals that are associated with the patterns of nature. From atoms to the spiralling galaxies that are eons away, every type of movement is governed by a set of mathematical laws. From these laws there are graphical representations that show us the primary shapes and patterns that develop, these are in the uniform patterns of circles and spheres.

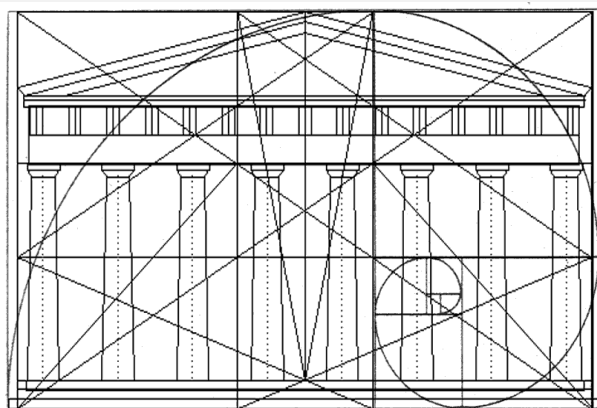
What does this mean here on earth?

Natural forms are made from patterns and are geometrically organised. This is because of DNA and the mathematical coding that exists in the geometry of that coding. Good examples of reoccurring patterns in nature are in plants, flowers, river systems and even the human body.



Geometric ratios and figures were often used in the design of ancient Egypt, India, Greece and Rome. The architectural and decorative

reliefs used in temples and other buildings show how important this sacred geometry was.



A fantastic example of the diversity of the use of sacred geometric patterns are in crop circles. Even if you don't believe in Aliens visiting earth and making patterns in crops the correlation between those patterns and sacred geometry is quite astonishing.

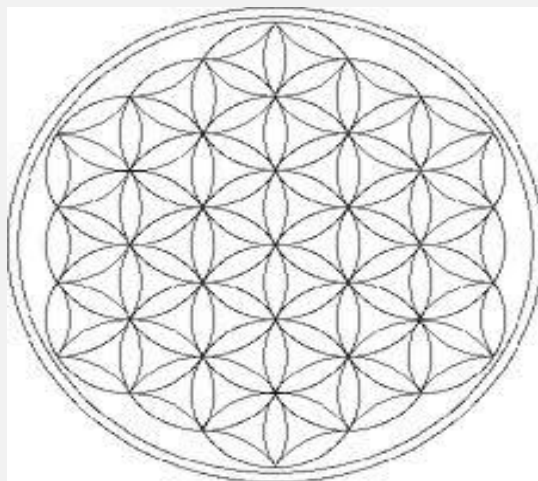


Two main sacred geometric patterns to take special note of are the fractal and the flower of life. The idea is that all these shapes can be laid over one another to perfectly map out proportions.



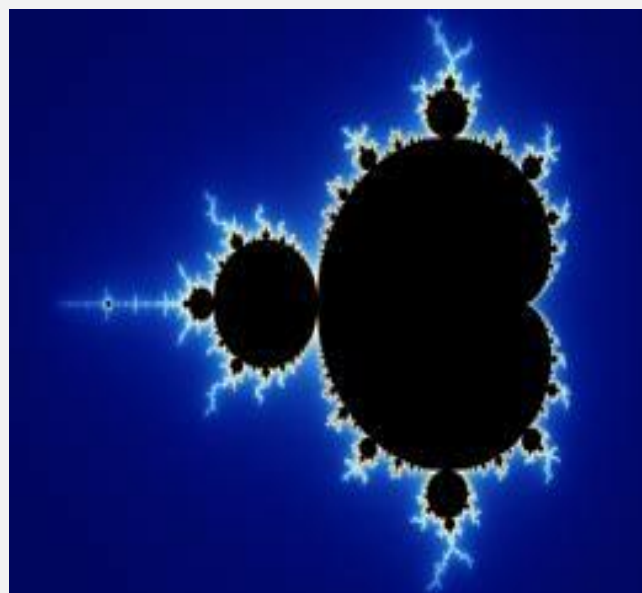
The Flower of Life

The flower of life is an image of 19 interlocking circles and an ancient pattern that holds the geometry of all creation. Some refer to it as the divine pattern and the divine plan for life in its highest expression.



The Fractal

Fractals are typically self-similar patterns that are the same when you look at them up close or far away. The fractal dimensions extend to the geometric patterns in nature.



By using the sacred geometric structures and patterns we can tap into the intrinsic nature of the universe in accordance with mathematical universal law. This can help with a better understanding of matter and energy and how they travel through space and time. This is excellent for spiritual healing and magickal practices as it puts you more in tune with nature.

Raven and Dragon Magick

By Rayvensclaw

Raven's magick has appeared in a number of different mythologies throughout the ages. In some cases these black-feathered birds are considered an omen of bad tidings, but in others they may represent a message from the Divine.

Naturalist Part

Ravens are part of the Corvus family; and for the people who want to know more:

Species include:

- Corvus albicollis – White-necked Raven
- Corvus corax – Common Raven
- Corvus coronoides – Australian Raven
- Corvus crassirostris – Thick-billed Raven
- Corvus cryptoleucus – Chihuahuan Raven
- Corvus mellori – Little Raven
- Corvus rhipidurus – Fan-tailed Raven
- Corvus ruficollis – Brown-necked Raven
- Corvus tasmanicus – Forest Raven

The raven has a lot in common with hawks and other predatory birds.

Morrigan often appears in the form of a raven, or is seen accompanied by a group of

them. Typically, these birds appear in groups of three, and they are seen as a sign that the Morrigan is watching – or possibly getting ready to pay someone a visit.

In some tales of the Welsh myth cycle, the Mabinogion, the raven is a harbinger of death.

Witches and sorcerers were believed to have the ability to transform themselves into ravens and fly away, thus enabling them to evade capture. (This has to be true).

The Native Americans often saw the raven as a trickster, much like Coyote. There are a number of tales regarding the mischief of Raven, who is sometimes seen as a symbol of transformation. In the legends of various tribes, Raven is typically associated with everything from the creation of the world to the gift of sunlight to mankind. Some tribes knew the raven as a stealer of souls.

Is this where I mention Noah the Ark and the Ravens part in it all? (No - ok).

Raven and Dragon Magick

On a trip to England, (actually the Tower of London) we were talking to the Raven Master. He is the Beefeater guard who takes care of the Ravens who look after the Tower. The legend is, if the Ravens leave the Tower, England will fall. Anyway this Beefeater is the beez kneez as far as raven knowledge is concerned. This person knows it all about ravens.

When I told him that we had ravens in Australia, he laughed and said there are no ravens outside of the United Kingdom, what I had mistaken for a raven was actually a crow. When I was back in Australia I just happen to call into the Sydney museum and guess what. In the glass case they had an



“Australian Raven” Yes I will admit it is smaller than its U.K cousin but a Raven all the same. Anyway I am rambling.

Raven speaks of the process of death and birth. It guides us to healing, to an initiation that signals the end of one part of life and the beginning of something new. Out of the darkness, out of the Void of Creation we are guided by Raven to become that which we are destined to become. Raven shows us how to shape-shift from one form to another in the process of being reborn to a new integration and a deep healing of old pains and sorrows.

I have had many messages from Ravens, they tend to be around me in dark and light moments, when I am in danger they hover near me or a loved one. They are my totem animal, guide, protector and friend.

Dragon Magick is the calling upon of Dragons to aid you and become co-magicians with you. This is a serious topic and is not to be meddled with, hence the fact that there are many dangers in this kind of magick due to the immense power it has. It is for the Magician who is serious about working with dragons on a magickal, spiritual, and friend-wise basis.

If you take the time to forge a friendship with Dragons they can become the best companions you would ever want.

Down through the length of time, how many nations and people have not used, painted, made models and statues of Dragons. Who as kids fought Dragons (Yak) or better still played with Dragons. Can people say with hand in the air there are no Dragons and have never been Dragons?

Diverse cultures around the world have perceived them in different form. The Chinese and Eastern dragons consider them benevolent, whereas the European dragons are usually malevolent (although there are exceptions to these rules).

The malignant dragons are also in other cultures and in Persian mythology - for example, Azhi Dahaka - .

Raven and Dragon Magick.



The dragon plays an integral role in the creation mythologies of many world cultures. As the messenger between Heaven and Earth, the dragon helps form the framework for our temporal and spiritual existence. By way of example, the ancient symbol of the dragon Uroboros swallowing its tail, illustrates the cosmogenic circle of the alpha and the omega - the beginning and end, creation and re-creation.

By rediscovering the magic of the dragon we can begin to find our common origins and recreate the link between Heaven and Earth. Passion, reverence and enchantment for this world and each other can be reclaimed by reconciling the spiritual and earthly realms, moving us closer to our own creation of a world of tolerance and shared wisdom.

Dragon friends / identities.

Tiamat.

Quetzalcoatl.

Itzpapalotl.

Nü-Kua.

Aido Hwedo.

The Rainbow Serpent

Raven and Dragon Magick.

Now if it was that easy I would have written where they came from and the meaning and power points.

But no you will have to look and search if you really "Want to dance with the Dragon under the Pale Moon light." Ok here is a hint; the last one is from the Australian Aboriginal culture.

References

Wikipedia.

The magic of crows and ravens by Patti Wigington.

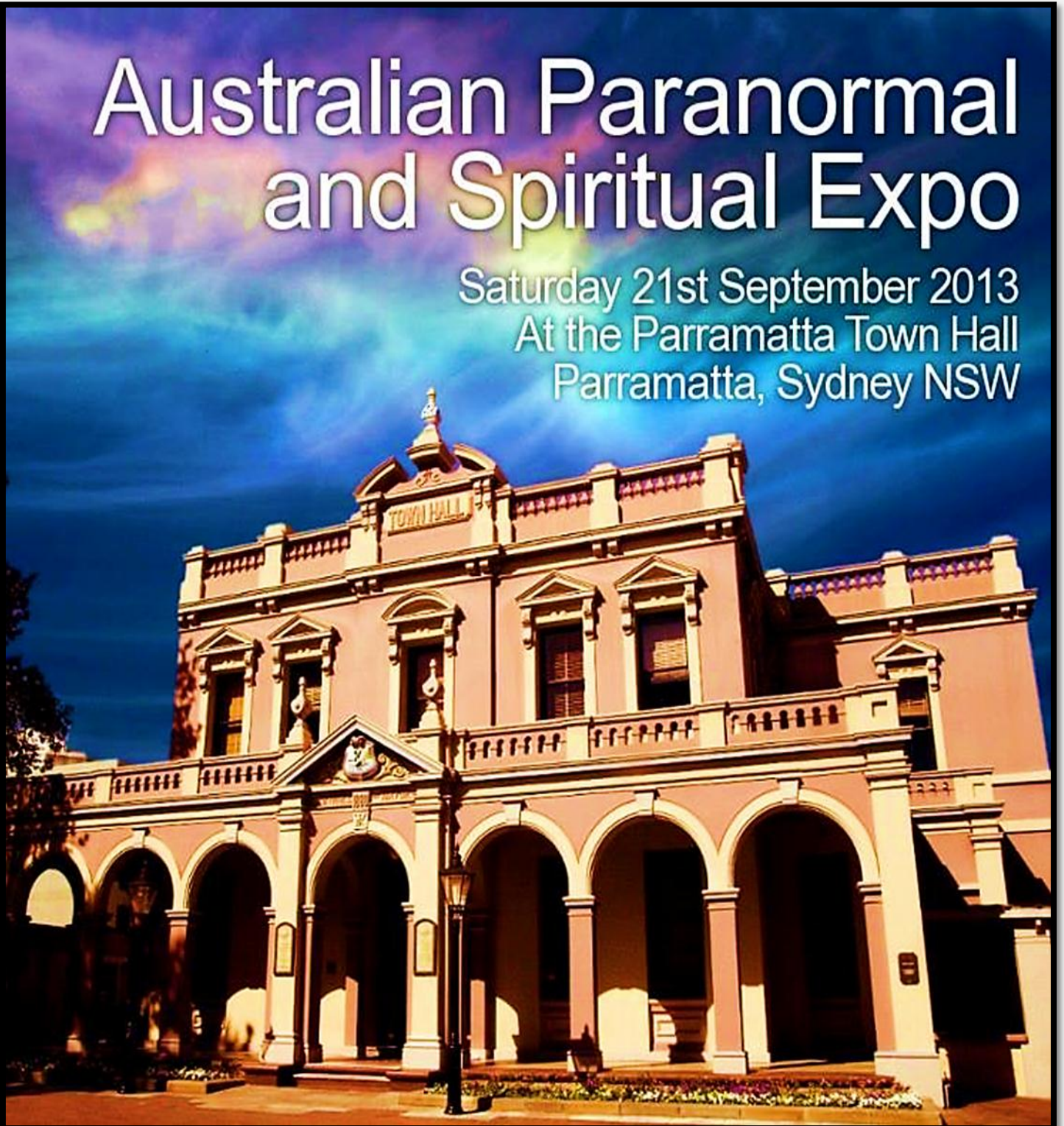
Raven the mystic animal.

Angelfire.

The Dragon and Creation by Susanne Iles.

Australian Paranormal and Spiritual Expo

Saturday 21st September 2013
At the Parramatta Town Hall
Parramatta, Sydney NSW



Sixty-three Ravens (and One Dragon)

by Jenny Taylor

Sixty-three ravens flew out of the sun
as my dog and I walked by.
"Where are they going?" my dog did ask.
"To the moon," was my reply.

The sun was setting so low in the west
when the ravens appeared in the sky.
My dog and I counted them one by one
as they flew in small groups up so high.

We marched up the hill to the road at the top
then turned to go down the main street.
The ravens kept coming in dribs and in drabs,
ne'er before had we seen such a treat!

My dog led the way as we walked down the road,
and the cries of the ravens did fade.
To the gully we went to admire the creek
and the waterfall it had made.

Then my dog did announce, "There's a Dragon in there"
so I said, "Let's have a look-see."
Shiny blue scales with a purplish tinge
we saw hidden behind a tree.

The Dragon, it smiled with a devilish grin
and I knew I had met it before.
Knowing looks we exchanged as I urged my dog on
while the Dragon did shut the door.

My dog was perplexed as I hurried him on
wondering why I should be in such haste.
"Never question a Dragon," I said in defense
"as you never can tell, of its taste".

My dog, he asked, "What?" and I said, "Never mind."
and, "Forget the Blue Dragon you saw."
Its message was clear, whispered straight in my ear,
and not meant for one of the paw.



'Twas a lunar eclipse on this dragonish eve
as I watched the moon rise in the east.
Her silvery beauty was lost on my dog
as he sniffed in the dirt for a feast.

I watched the full moon as she rose in the sky,
transcending the tops of the trees.
With thoughts of the Dragon and messages sensed,
metaphorically brought to my knees.

My dog, he was eager to keep walking on,
dreams of Schmackos and bones filled his mind.
But I was still caught between this world and that
of the Dragon left not far behind.

The cacophony of sounds of the crickets a-chirping
while the bats swooped and turned, catching bugs,
drew me back to this world of the mundane and boring
and my dog who enjoyed lots of hugs.

Together we walked as the last rays of sun
disappeared from the birthing night sky.
And the magical moon rose up through the stars
eclipsing the world from on high.

The ravens that started this magical journey
had disappeared into the Air,
where the Moon Goddess shone in her radiant glory,
on reflections of Dragons so fair.

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Space Clearing & Psychic Protection Workshop



Space Clearing Workshop is coming to Soul Searchers Spiritual Centre. At this workshop you will learn the basic techniques to conduct a space clearing on your home or business. You will learn how to clear negative or stagnant energetic 'imprints' built up over the years from the accumulation of day to day living and from previous occupants. You will also learn how to remove unwanted entities that may be attached to your home and to protect yourself from psychic attack.

Janine Donnellan will be the facilitator of this workshop. Janine has been featured in My Ghost Story, The Daily Telegraph, Mania Magazine, The Sun and the St George & Sutherland Shire Leader as well as appearing on Psychic TV.

Where: Soul Searchers Spiritual Centre

When: Sunday 23rd June 2013

Time: 3:00pm – 5:00pm

Cost: \$50 includes supper and notes

Bookings are essential so please use our online booking form.

Anubis

By Judith Page



'The dead man is at one and the same time in heaven, in the god's boat, under the earth, tilling the Elysian fields, and in his tomb enjoying his victuals'

Book of coming forth by day

Anpu, commonly known as Anubis, is one of the most misunderstood gods. So much has been written, and many documentary films has been produced on the subject of Egypt's ancient past, its gods and goddesses, but little about the dog-god Anubis. How did he rise from being man's best friend to fetish and a major deity?

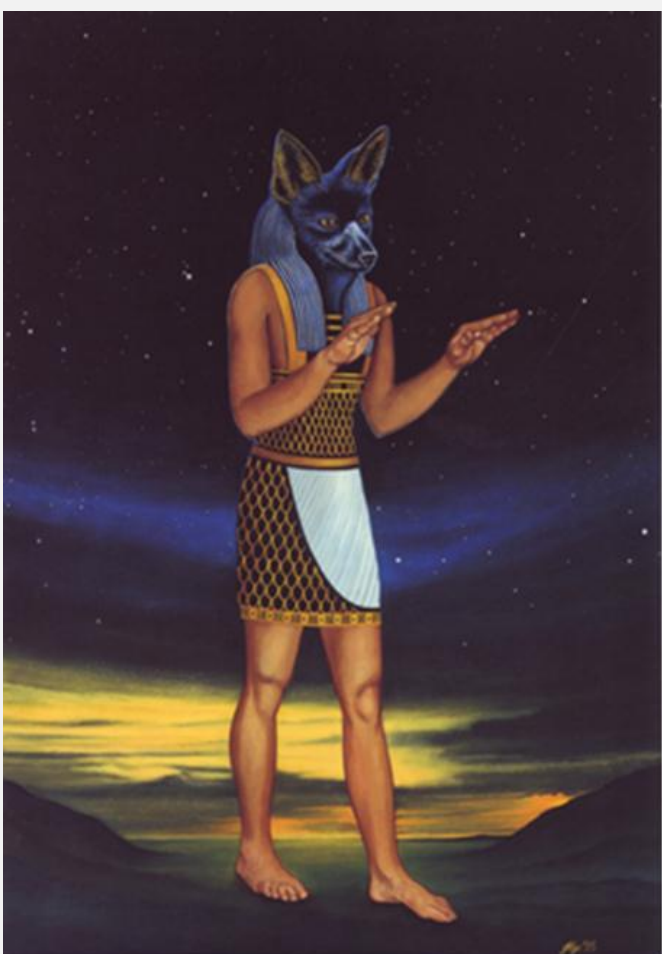
His name 'Anpu' is from the same root as the word for a royal child, 'inpu'. However, it is also closely related to the word 'inp' which means 'to decay', and one version of his name Inp or Anp more closely resembles that word. As a result it is possible that his name

slightly changed once he was adopted as the son of the King, Osiris. He was known as 'Imy-ut'; 'He Who is In the Place of Embalming', 'nub-ta-djser'; 'lord of the sacred land'. This may give us a clue as to why he was so closely associated with death. But who was Anubis?

Whoever he was, he was an extremely ancient deity who pre-dates Osiris. His name appears in the oldest mastabas of the Old Kingdom and the Pyramid Texts and as well as being a guardian and protector of the dead, Anubis became associated specifically with the embalming process and funeral rites. As Master of the Mysteries it is Anubis who conducts the candidate across the threshold of the unseen world into the presence of terrifying apparitions and onwards through the twelve gates to Amenti for the final judgement.

Like Nut relegated to the inner lids of sarcophagi, having no shrines or temples dedicated to her, so was Anubis usurped by another, Osiris, who stole his realm from him. Never-the-less, Anubis did have a strong following and was worshipped widely throughout all of Egypt, his main Temple was in Hard'ai or Cynopolis, (17th Nome of Upper Egypt). There were cult centres at Abt, (8th Nome of Upper Egypt), Zawty (Asyut in the 13th Nome of Upper Egypt) and east of Ankh-Tawy (Saqqara), there was even a place known as Anubeion where the burials of mummified dogs and jackals was discovered.

Anpu was an ancient funerary deity who was manifest in numerous guises and took many appellations but essentially remained the great god of the dead and lord of judgement in the afterlife. Or not, dependent upon which priesthood was in power!



Anubis by Judith Page

At other times Anpu took human form but with the head of a jackal, which was worn as a mask by his priesthood during the funerary rites symbolising the presence of the Neter, especially during the Opening of Mouth Ceremony.



Presenting the mummy with the Sebhur Opening of Mouth Ceremony

The magnificence of the temples, the religion or the mysteries as they were more generally referred to are well named, as, from their very beginnings to the present day they continue to be mysterious, cloaked in an atmosphere of profound secrecy. The Anubis figure may have been intended to combine the role as a guard with him being a custodian of secret things, 'He who is over the secrets'.

The scholarly has been balanced with the magical element of this deity. The Jungian theme came to be as we envisioned Anubis to be the one to guide us back to a sense of wholeness, to show us the Light and Dark and to finally integrate the fragments of ourselves that have been scattered to the winds. As He guides the Dead so shall He guide the living. He leads us back to a spiritual state of being, clears the mists from our minds so that we remember who we are. So many of us live a life which is a living death and need to be freed from that BUT only if we are willing to change.

However we look at him, Anubis unlike any other Egyptian god is special. Out of all the other priesthoods of that land, his has survived, and the legacy of him lives on to this very day in every funeral parlour one goes to. Hail Anubis!

Anpu usually took the form of a black jackal and is referred to in some texts as 'sab', but always a dark canine inhabiting the desert fringes and burial sites.

Over time, Anpu's ascendant star in the heavens was overshadowed by the prominence of Osiris and eventually his attributes assimilated by him. Anpu was then gathered into the Osirian family as the offspring of Nephthys and Osiris.

The Neter's many epithets give an indication of his most important duties as guardian of the dead. As Khentamenthes' 'Foremost of the Westerners' he held authority over the dead in cemeteries, most of which were on the West Bank of the Nile.

Originally Khentamenthes' was an older canine deity whose cult centre was at Abydos. In his guise of Tepy-dju-ef 'He who is upon his mountain' he watched over the dead and kept hostile forces at bay from a vantage point overlooking the burial grounds. As Khenty-she-netjer, the one 'presiding over the god's pavilion' he took charge over the embalming tent and secure burial chamber, which in the case of royalty was known as the 'Golden Hall'.

Anpu's association with mummification was recognised during the Pyramid Age and his epithet of Imy-ut 'He who is in the place of embalming' emphasises the importance of his role in the process, especially in the preservation of the king's body from decomposition. The imy-ut was also a fetish associated with the Neter; it took the form of a headless animal skin, usually a feline, which was tied to a pole stuck into a pot. It was Anpu who was said to have taken charge of the embalming of Osiris.

As with certain of His brethren, Anpu's image and mythology have become blurred and buried beneath fabrication and re-telling. We must use more than physical sight to see beyond into the shadows to find the Golden One shrouded within the velvety darkness of night and the starless skies. The great god of the dead waits impassively and patiently for us to learn well the lessons of life before we enter the Hall of Judgement to face the ultimate, the judging of OUR HEART.



Weighing of the heart
From the papyrus of Ani (British Museum, London)

Man's best friend

...one hunted for me (and) caught fish and birds for me, apart from the prey of my harriers.' from The Tale of Sinuhe

Man and dog have been partners in hunting and friends around the campfire for countless thousands of years. If the dog is not, as the proverb claims, man's best friend, he is without a doubt, one of our oldest. Not only did they serve as family pets, but at times, as war dogs.



Anubis
From the tomb of Rekmire, West Bank, Luxor



The ancient Egyptian word for dog was 'lwiw', which referred to the dog's bark – this was possibly a good reason why dogs were used as guardians of people, places, for homes and temples - organised warfare is but a small step removed from sentry duty.

In June 2000, George Cunningham, an American helicopter pilot working in Cairo, was indulging in his hobby of searching for fossilised sea shells, whereupon he discovered cave drawings near the Ain Sokhna Road, about 25 miles (40.2 km) south-east of Cairo. There were several levels of civilisation in the cave, but the earliest drawings, according to Egyptian scholars from the Supreme Council of Antiquities, date to approximately 7000 BCE; they clearly show men and women, armed with bows, hunting alongside domesticated dogs. This is not the only example of such prehistoric representations of human-dog hunting scenes being found in the Nile Valley.



The earliest reference to dogs in Egypt comes to us from the pre-dynastic period. Many bones of domesticated dogs have also been discovered dating to the fifth millennium BCE in Egypt, and we find the first representation of domesticated dogs on domestic pottery known as the 'Moscow Cup', from the Badarian Culture, from about 4400 to 4000 BC.

We begin to find natural representations of dogs with collars on the Ashmolean Palette and the Hunting Palette. These palettes date from the pre-dynastic era during the Naqada II period (3500-3000 BC). But we find many more domesticated dogs in murals starting in the Old Kingdom.



Hunting Palette, Ashmolean Museum, Oxford

Some scholars believe it was the Hyksos (the invaders of Egypt who governed from Avaris in the Delta) who popularised the use of spike-collared dogs in war. Along with light and speedy battle-chariots, both of which were widely used during the New Kingdom, in particular by the expansionist Pharaoh Ramses II, who was known to cry: 'havoc and let slip the dogs of war'. Although, it is quite probable that earlier dynasties also used war dogs, though perhaps not to the extent seen later.

As Egypt appears not to have had any wolves that could have been domesticated, the first dogs may have been imported to Egypt during a pre-dynastic period, which might be an indication of the level of trade existing in the Mediterranean region even at that early time.

A tomb stela of Horus Wah-ankh Intef II, of the 11th Dynasty (before unification) depicts the king with his dogs, and as they all have Berber names it is likely that they were introduced from the West, while Hatshepsut's sailors brought dogs from Punt along with other riches. Among the animals presented as Nubian tribute to Pharaoh Ramses II, was a dog.

Various breeds were popular during different periods of Egypt's history that includes the Sloughi and Saluki thought by some to be the world's oldest breeds. A Sloughi look-alike with a trumpet-shaped tail was widespread during the Old Kingdom. Short legged dogs began to appear during the 5th dynasty and

were all the rage during the Middle Kingdom, while New Kingdom Egyptians preferred the small ketch, or the fleet harrier, which during the pre-dynastic seems to have had upright ears and from the Old Kingdom on increasingly lop ears and whose speed, to coin the phrase, was 'swifter than the harrier and faster than the shadow'. The dogs of later times were generally slender and medium sized, but large mastiff-sized and small spitz-type dogs were also found buried in the dog cemeteries.

Almost as soon as domestication of the canine species began in ancient Egypt, so too did selective breeding, but not to the extent of obsessive breeding practised today which is a relatively modern invention, dating from the Middle Ages.

However, the Egyptians recognised certain traits and were able to breed native African and Middle Eastern dogs with certain distinctive characteristics. Certain breeds were more highly valued than others, as is still true among dog fanciers; some were so greatly prized only the nobility of Egypt could own them.

Then, just as now, a dog did not have to be a pure bred champion to be a beloved family pet. Indeed, 'mutts' and 'mongrels' were just as common in ancient Egypt as in the modern world, but infinitely better treated, since even the lowest of breeds were still a child of Anubis.

Unlike other animals, dogs were given names, just like a member of the family. Some of the names given to Egyptian dogs were human names, just as we give them to our dogs today. A popular dogs' name was 'abu', that could have been the Egyptian equivalent of our 'bow-wow'.

We even know many of the ancient Egyptian dogs names from leather collars, stela and wall reliefs. They included such names as, Good Herdsman, North-Wind, Brave-One, Reliable and even 'Useless'. Other names come from a dog's colour, 'Blacky', and others were given numbers for names, such as 'the Fifth'. There were also names of endearment, whilst others convey just the dog's skills or capabilities.

Yet, even as in modern times, there could be negative implications to dogs, due to their nature as 'servants' of man. Some ancient texts include references to prisoners as 'the king's dogs'.

Whilst it may be true for religious purposes cats were the most honoured of animals in Egypt, for example, worship of the cat goddess Bastet, and for practical use, such as pest control. According to Diodorus Siculus:

'Cats were so clever they fooled us gullible humans into believing them sacred'. He goes on to describe the people's anger when particular animals were killed:

'The killer of a cat, or dog or an ibis has to die, whether he killed the animal on purpose or by mistake; a crowd gathers and without any decision of a judge they maltreat the perpetrator in the cruellest way.'

Herodotus describes how the Egyptians mourned the death of a family cat or dog:

'In every house that a cat has died those who dwell in that house shave their eyebrows, but those in which a dog has died must shave their whole body and also their head.'

It was also illegal to kill a dog in Egypt, to do so – the penalty, was death!

So, the dog may have beaten the cat as the most beloved of family pets, if only because the dog is closer to man in temperament, needs and goals. It is rare that the cat will comfort his master at the end of hard day's work, but seems to be normal for most dogs.

In other words, the Egyptians worshipped their cats but preferred dogs as pals, as well as being hunting companions, many masters had the mummies of their canine companions placed in their own tombs, so the bond between them would continue after death.

Part of the cemetery at Abydos was set aside for dogs near the graves of women, archers and dwarfs. A vast number of dog cemeteries and dog mummies, particularly in the surrounding area of the ancient city named Hardai (the Greeks called Cynopolis or 'Dog City') stand as a silent witness to the close bond of affection between dogs and their masters.

In 1938 Dr. G. A. Reisner who has been excavating in Egypt with the Harvard-Boston Expedition found an inscription recording the burial of a greyhound-like dog named Abu-wti-yuw, with all the ritual ceremonies of a great man of Egypt carried out by the King of Upper and Lower Egypt:

'His Majesty ordered that his guard dog Abu-wti-yuw be given a coffin from the royal treasury, fine linen in great quantity, incense, perfumed ointment and that a tomb be built for him by the gang of masons. His Majesty did this for him in order that he might be honoured.'

Other cities like Hardai where dogs were lovingly buried were considered sacred to the dog-god Anubis, like the dogs who honoured him, were a friend of mankind.

Regardless of the favourable reference to the dogs such as the Greyhound in the Bible, in general dogs were held in low regard in the lands outside Egypt. Judeo-Christian writings regard them as vicious scavengers. In the Islamic faith dogs are considered unclean animals.

At present, in countries such as Iraq and Iran, there is somewhat a 'slaughter of the innocents' going on. Many dozens of dogs are murdered daily, rounded up by the government officials. Only the richer classes secretly practise the illegal ownership of dogs.

In North America and Europe, thousands of dogs are 'put down', not from any religious conviction, but merely for convenience, for example around vacation time, and an excuse of 'public health' are often mentioned. In the Far East dogs as well as cats are on the menu – but we won't go down that road. In particular, Greyhounds are ill-treated and killed when they reached the end of their racing careers. If they are not rescued by charitable organisations, they are turned into dog food. If the ancient Egyptians were around today, they would certainly not understand the mal-treatment dogs are accorded in this modern world of ours, and neither would man's best friend.

Perhaps the only conclusion we can draw with any degree of certainty is that the ancient Egyptians loved their dogs, and, in turn were loved unconditionally by them. From the lowest Egyptian to the mightiest of Pharaoh, in the eyes of a dog, he was their best friend. For, just as dogs never lie, they never judge – but what of Anubis?

It is interesting to note that during the conversion of the ancient Egyptians to the Coptic religion, they took the image of Anpu with them giving him the new role as 'Protector of Travellers Abroad'.

As Christianity in Egypt took its hold, this god underwent yet another change, his dog head was replaced for a human guise and was renamed St Christopher, Patron Saint of Travellers. Often the suggestion is seen in historic accounts that St. Christopher was the product of a tryst between a human being and an Anubis, a demon-like creature based on the Greek Anoubis, which came from the Egyptians jackal-headed god who was believed to lead the dead to judgment. St Christopher is frequently represented on icons and frescoes of the Orthodox Church as 'Cynecephalos', the 'Dogheaded'. According to this conception he belongs to the mythological race, which in antiquity was believed to be the living in the 'Oikumene', the edge of the inhabited world. To convert this people was to conclude all missionary work on earth.



Saint Christopher, Greek, end of 18th century

Whatever his guise may be, Anpu continues to remain with us to this day, as our protector in life, and death.

Commit them to memory. This symbol is charged, look at each mark and take it within. As you utter your secret name your journey takes you to the West Bank of the Nile where you will commune with the god Anpu. This is a gateway that will take you to the heart of his realm. You will learn how to focus on his energy as you are drawn in.

You emerge into a twilight world. It is silent, remote, vast and mysterious. The scent of evaporating heat hits your nostrils, intermingled with that of aromatic herbs. You stand for a while just drinking it in.

Then, the air about you becomes very still, unnaturally so, which makes you slightly nervous. You wonder where your guide is. Suddenly the touch of a hand on your elbow makes you jump. Djehuty's smiling eyes twinkle down at you. You take his hand and walk towards a great temple that looms out of the dusk. In ancient times it was known as Djamet.

'Why have you brought me here?' you ask Him. He looks at you shrewdly then answers in measured tones:

'Is this not the moment you have been waiting for, even asking for? When you, the pilgrim seek answers, pulses from your heart reach me, and I answer.'

Fear and uncertainty rise up from your solar plexus making you stumble and you tighten the grip on your guardian's hand. You hear an inner voice within saying:

'It is too soon, too soon.

'Too soon, too soon!' mocks the wind.

Even nature mocks your fears! Phosphorescent stars light up the velvety darkness. Djehuty scans the surroundings quickly and urges you onwards.

You approach the main entrance to the temple via pylon gates, sheer polished walls tower majestically towards the night sky, four flag poles are contained within niches in the walls, their flags flutter strangely in a now windless night. Your guide seems a little perturbed, which is a little worrying.



Path to Anpu Journey to Medinet Habu

Don your white robe and tie brown and black cords around your waist. This will be in respect of the Neter you will be working with.

Build your pylons and make the sign of the ankh in the air above your head. On the lintel of the portal hieroglyphs of Anpu will appear.



'I am only concerned that we reach the place of Judgement on time, you must commune with your Heart before we begin.'

With that, Djehuty places a jewelled heart scarab in your hand. You look at him with surprise and then understanding dawns. So it begins... Passing through the pylon gates, and turning to the right you walk towards a small temple, The Temple of Amun, which stands upon the holiest of sites, a primeval hill emerged from the waters of Chaos in a time even before the gods existed. There are several steps to navigate before you come upon enormous bejewelled doors, which open silently admitting you both. A priest and priestess wait patiently within the portal, they take positions on either side of you whilst your guardian follows behind.

You are taken to a tiny side chamber, dark except for a small brazier and two oil lamps. The scent of incense drifts towards you, sweet and spicy, it stimulates long lost memories. A wooden beaker containing wine is handed to you and you are encouraged to drink. 'It will soothe the hurts and wounds which may rise from the depths of your heart'. You tighten the grip around the heart scarab that nestles safely in your left hand, then, you drift off into a deep sleep.

You find yourself walking along a long corridor, dimly lit by torches, the smell of sandalwood and frankincense incense weaving between the pillars, becoming ever stronger as you reach a doorway at the end of this never-ending corridor. Protective hieroglyphs are deeply etched all-round the lintel, as you commit them to memory the scarab in your hand starts to pulse. This does not disturb you, rather it serves only to reassure. You go through the doorway to be met by a priestess, robed in gold and black. Her features are finely sculpted, with a full mouth and deep, dark eyes. She watches you intently, then, a smile breaks the solemnity of her gaze.

'You are exactly how I imagined you to be, a little nervous, but that will pass.'

You wonder who she is and before you can utter the question she answers, 'I am the guardian of that most sacred temple you call your heart. You have served the god within

well, have no worries on that account. I have guarded this holy place from before you entered this world, nurtured it, loved it and birthed it.'

Her words make you catch your breath and tears well up in your eyes. She continues:

'To be true to your heart is more precious to you than any riches this world or the next could offer.'

The priestess looks at you and nods her head. Yes, perhaps now is the time to express that, which has remained hidden within this most precious temple. You want to say so much, then you hear yourself utter: 'I present myself, stripped bare of any artifice, embellishments and subterfuges. It has been a life less than perfect, filled with pain, disappointment and regret. My pride has caused me to fall many times and my anger extinguished many a hope. Compassion and mercy have flown to the winds on many occasions and wisdom buried beneath the sands. I have not heeded the words of those who are wiser than myself and like a headstrong child have stumbled on obstacles of my making. Yet, hope drives me on, for:

Without memory of my beloved Khemit
I should be nothing.

Without love of my most beloved Neters
I should be nothing.

Without humanity
I should be nothing.

My heart has felt much which has been dark but the glorious light of Ra has shone within its recesses, illuminating its beauty, joy and grace. This much I have offered others. Will you accept me as I am?'

The heart scarab begins to pulsate rhythmically, and with each pulse you feel a ripple of energy flow outwards from your own heart. The very heart of the known and unknown is contained within yourself and it is a doorway you feel compelled to go through. Dare you take that leap of faith? You focus the energy in your heart centre using it as a key. Then, you feel a surge move through your body.

After what seems like aeons a hand on your shoulder gently brings the present into focus. It is time to enter the chamber of judgement –

the Weighing of the Heart begins. Figures line the walls on either side, only their outlines are visible, the rest is lost in shadow. Not so! A group of figures wait at the other end of the chamber, majesty and power emanate from them, bathed in golden light they are set apart from all which is of the mundane world. They watch silently and without expression. You are beckoned to come forward, only to find the chamber has dissolved and stars surround you on all sides. Djehuty moves into view, scroll and stylus ready in hand. Ma'at stands to one side and as you look beyond them, Anpu sits majestically upon a golden throne. Your heart leaps within your breast at the dog-god's magnificence. He was ancient when Osiris swept into the land of Khemit, 'Lord of the Hallowed Land' and 'Foremost of the Westerners'. Impassive eyes scrutinise with thoroughness, there is nowhere to hide. He is resplendent in obsidian blackness, strongly sculpted jackal head, broad shoulders, sweeping down to muscular hips draped with a gold kilt, and as always the Uwas sceptre. He is sheer power and authority, not to be trifled with.

Ammut the Devourer lurks oppressively in the gloom, too awful to face, yet inescapable. There is no movement for what seems like an eternity then you are asked to place the heart scarab on the scale. Ma'at takes the feather out of her headdress and places it on the other side.

Djehuty's measured tones ring out, 'The time has come to account for your life, be open, be truthful. Seek neither to prevaricate nor fabricate. We know all and we see all. Begin.'

The scroll of your life unravels, bit, by bit, the hieroglyphs burn on the surface of the papyrus, glowing with intensity, and they are now on fire! A whole lifetime is encapsulated in this one moment, the words flow onwards manifesting in almost forgotten scenes, some uplifting, and others unbearable in their clarity. Such was earthly life, a myriad of transformative experiences.

Out of the corner of your eye you glimpse Djehuty's stylus continuing to fly across the papyrus, ceaselessly recording every utterance. Will you be declared 'true of voice'? Then it ceases and all eyes focus

upon the gigantic scales that are now traced out by stars in the expanse of the heavens.

The delicate balancing of the scales must not be hurried. The vibration of your heartbeats echoes loudly, deep and sonorous, hypnotic in their rhythm.

A pronouncement is made and whether it is acceptable or not, is for you, and only you, to judge. It will have great bearing on the life, which is to come. This has NOT been a judgement but an initiation of the most profound kind.

Mighty Anpu steps down from his throne and approaches you. The earth shakes with each step he takes. Banish all preconceptions you have of this ancient Neter; he is son to no one, no mere psycho pomp but Great Initiator, Lord of the Underworld. He gestures for your heart to be returned to you. A tightly bound papyrus is also handed to you – the contents of which are only known only to you. He speaks and you listen:

'Remember that life is a series of what you may call challenges, but these are not in continuous motion. There have to be periods of quiet reflection. Time to think, breath and feel and to understand how far you have travelled on this, Your journey. Life begins with reason, it has purpose, but what is the greatest shame is that you forget these reasons almost as soon as you are born. For life on earth, that is so full of the complex issues of survival, we do not remember that there is indeed purpose behind the chaos I call life. However, as you are aware, from chaos comes order. There is purpose and there are opportunities for you to grow or stay in what I call a state of neediness. Life is full of many materialistic views and therefore occupies your mind more than the spiritual pathways that you should be taking. When the time is right, change will occur. Take my blessings and prosper well.'

It is time to take leave of this sacred space and return to your own time and place. To linger too long in the realm of the dead is to bring many calamities upon yourself. Djehuty appears by your side as the stars fade and the solid walls of the chamber take shape once more. What have you learnt? Have you

understood what Anpu has said to you? Will it change your perception of what existence and consciousness actually are?

Soon the temple doors loom into view and you are ushered into the already bright dawn. The morning air is ripe with dew and the glorious face of Ra is steadily rising in the skies. You bid your guide farewell until the next encounter.

Utter your secret name to the gods, go through the portal into your world and seal the door behind you.



About Judith Page

Judith Page was born in Sydney, Australia and went to the UK in the 1970's where she attended Chelsea School of Art specialising in mural decoration, knowing full well that she was destined to become a painter.

Her field of study is occult art, and she is now well known in this circle for producing fine examples of Egyptian pantheon groups with a strong emphasis on astronomy.

Her canvases literally vibrate with aspects of distant galaxies.

Her work has featured on the covers of countless UK magazines, books and illustrations. She states that often her work is sold before the paint is dry, hence her code of secrecy when she worked on a Kabbalistic series of paintings, 'The Tree of Life', taking almost two years in the painting.

Judith's paintings and fine art prints can be found in both sanctuaries and private collections worldwide.

Although she packs her day with work, she is always keen to take on commissions of any size.

Judith also designs her own one of a kind range of silver Setian jewellery, specially made to her requirements by Egyptian craftsmen. You can view and buy Judith Page's prints, paintings, weaving and jewellery by visiting her website www.judith-page.com

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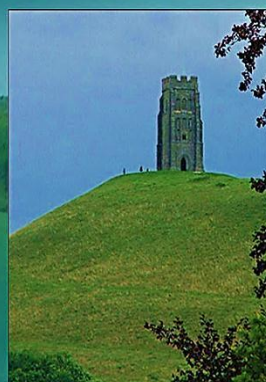
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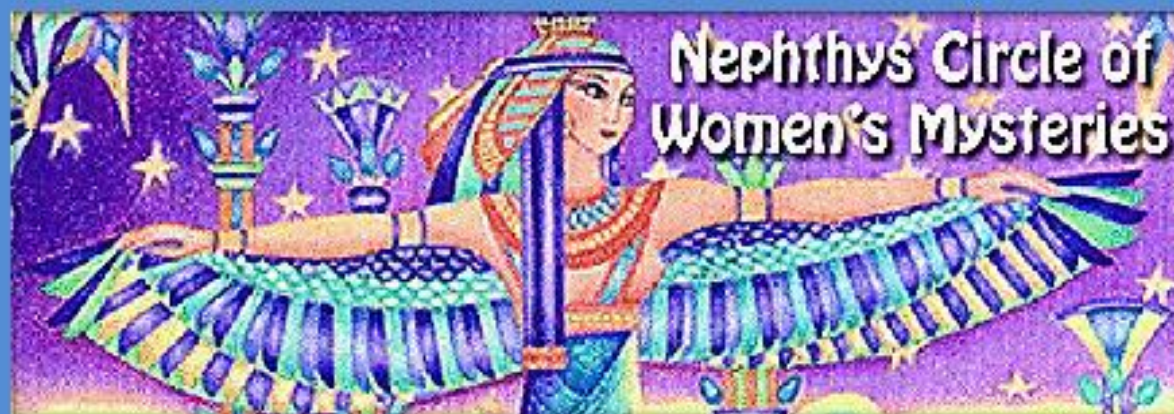


Ladies Special for the Month of June!!!

Here is a special for the ladies, if you would like to attend the Witches Brew & the Nephthys Circle of Women's Mysteries this month we have discount offer for you. Book online for the Witches Brew Special and you get to go to the Witches Brew & Nephthys Circle of Women's Mysteries for \$30 which is a saving of \$10.



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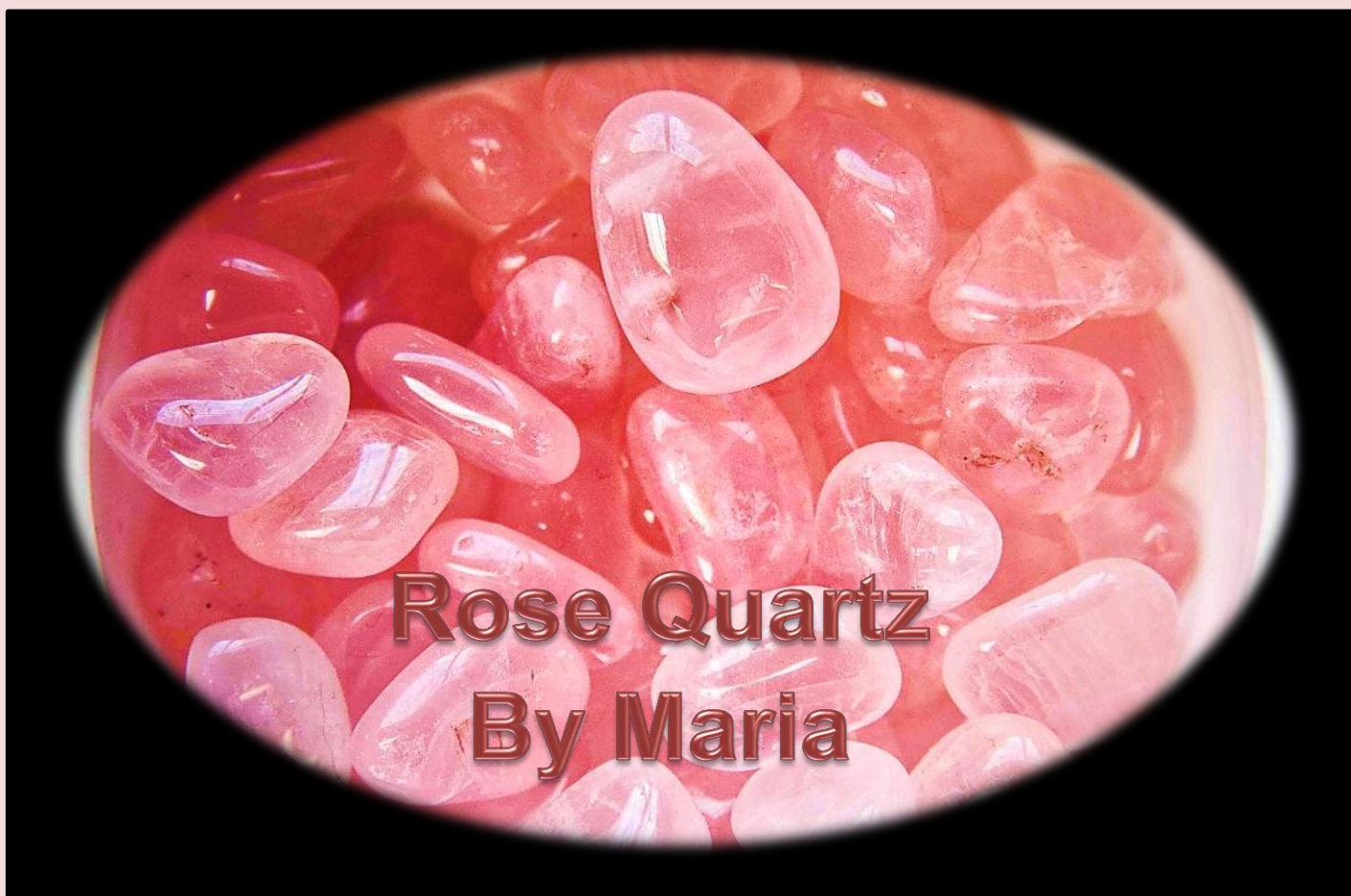
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It's interesting and still surprises me that crystals have a way of telling you what is needed rather than what you think you need. Our logical brain can at times get in the way, well mine did.

Pain relief was what I started to investigate, thinking if I could get that under control every else will fall into place. The crystals I found didn't really fit, not that it didn't work it just didn't feel right. So I consulted my "Crystal Oracle" asking the question "what is it that I need to give me some pain relief" the answer was not what I expected.

The card drawn was rose quartz, I thought to myself how is it going to help with my physical pain, it's about self-love, unconditional love, peace, joy, romantic love (now that would be nice), self-worth. It's a crystal that alters negative thoughts into positive ones giving you hope, joy uplifting your spirit.

Well by uplifting our spirit our pain tends to diminish, we no longer focus on it. Rose quartz assists in letting go of negative attachments, cleansing the emotions and

comforting your grief. I knew emotionally I wasn't balanced holding on was not helping at all I had to break it down and allow myself to be healed with its energy.

The oracle card highlighted 'blessings' I had forgotten that I was blessed with friends, family and generally in life. Really how many times do we think how truly blessed we are. Find that inner peace within take the time to be grateful and thankful sometimes blessings come in disguise.

So I have been wearing my rose quartz, not only has my outlook improved for the better but noticed a big difference on the drive to work everything moves so much smoother when you let go of the traffic frustrations and laugh at some of our antics. They do say that laughing is good for you it releases endorphins; a natural painkiller.

So not only does rose quartz release your disharmony, it grants inner peace, kindness, gentleness, self-worth and trust, and love unconditional.

So if you don't have one in your collection I would recommend purchasing this amazing

crystal. Rose quartz has the power to award you with love within and without. They do say love can heal all. I believe that to be true. I will be wearing mine for a while yet or until I am told otherwise.

A simple meditation if you are unable to have a physical representation of rose quartz:

You can access this crystal's amazing energies by picturing in your mind's eye as vividly as you can a piece of rose quartz. Ask it for its healing light to enclose you, much like a hug that tells you that you are cared for and loved, feel it cover you from top to bottom, left and right totally encasing you in its energies. Stay within the healing energy until you feel it's time to let go. To end simply thank the rose quartz for its love and healing.

It's through love of self that one can move beyond limitations.

There was a prayer accompanying the rose quartz card you might like:

"We pray for love to heal and guide us, to illuminate our hearts and minds so that we may all come to see and feel the sacred flame of light we each hold within. For then we shall truly know, beyond all doubt, that only love is real- only love is eternal. "

Much love always... Maria

References:

Crystal Oracle, Toni Carmine Salerno

The Crystal Bible, Judy Hall

crystalsandjewelry.com/metaphysical_healing/stoneinfo/rosequartz



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The advertisement features a woman on the right side, dressed in gothic fashion. She is wearing a black corset with white horizontal stripes, a black mini skirt, and black high-heeled boots with multiple straps. She has large, black, feathered wings on her back and is posing with her hands near her head. The background is white, and the text is in a mix of stylized and bold fonts.



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www.wildwomanweekend.com

Essential Ingredients



Bush Herbs – Cinnamon Myrtle

Australian herbs were used by Aborigines in their rituals and to flavour food in ground ovens. The Australian herb species generally come from trees from rainforests, open forests and woodlands.

Cinnamon Myrtle is a rainforest tree with cinnamon flavoured leaves. *Backhousia myrtifolia* grows in subtropical rainforests of Eastern Australia. *B. myrtifolia* is also known as carrol, carrol ironwood, neverbreak, ironwood or grey myrtle, or Australian lancewood.

Cinnamon Myrtle has similar magical properties as common cinnamon.

Cinnamon (from the Greek word κιννάμωμο) is the herb which is strongly associated with Fire. From ancient Egypt to China, cinnamon is used in praising deities of Fire and Sun, and one of my personal favourites.

Cinnamon Barks and Powdered Cinnamon Cinnamon is a fragrant herb used as spice or incense since the ancient years. Cinnamon is obtained by a large variety of trees who belong to the genus *Cinnamomum* although the best quality comes from the Ceylon Cinnamon (the True Cinnamon).

The Importance of Ritual

by Janine Donnellan



Ritual has been an integral part of human life in every civilization and the rituals performed throughout time all seem to share common elements and structure. Throughout our world there has existed an ancient and ongoing tradition of acknowledging sacredness which is often performed with the intent of connecting to some higher divine being in the hope of improving not only our condition in the universe, but sometimes the condition of the universe itself.

There lies within each of us an innate primal part that calls out to ritual, a genetic programming that is equivalent to our basic vital functions like eating and breathing. For eons human beings articulated this innate awareness through art, music, poetry, dance, symbolic objects, physical actions, and pithy words constructed into ritualistic enactments which represented our relation to that which is infinitely larger than ourselves.

In today's pagan community a ritual can be many things, it can be just lighting a special candle or simply saying a mantra or an affirmation to deity. However, creatively and actively inventing ritual can give you a unique sense of connection to those around you and

also gives you a sense of how you as an individual fit into the inter connectedness of the cosmos.

Rituals are meant not only to celebrate significant moments, but to ease us through difficult times by preserving stability and to establish bonds that transcend time. Rituals performed with family and friends bring us closer to one another and keep us grounded. Change feels like the only constant in these troubling times, but it is for this reason that rituals are vital to the spiritual well-being of the individual and the group.

The ritual prepares us to be spiritually, emotionally, mentally and physically in the moment and that makes the moment sacred. When a ritual is performed, we should all share in the process. We all have an obligation to share in the creativity and the intent of the ritual. We all have an obligation to flow with the energy and when that energy is flowing and connecting then magic happens.

The ritual being prepared should be a creative process in partnership with spirit. The concept of the ritual should never be based on competition or on who creates the most impressive ritual is the most enlightened. Ritual is not about the person nor is it just entertainment, nor is it about complexity; the simplest ritual can be as extremely powerful when everyone is united for its highest purpose.

True ritual acts in harmony with the rhythms of the universe, it gives a meaning to all that we do and to all with whom we come in contact, including all of nature. It requires being cognizant of the divine presence and the cosmic power and the interplay of all the forces in our lives.



Winter

By Constance Fairleight

Winter – A Time to Hibernate or Plan for spring?

As I sat down to write this article, the sun was setting and the sky turned to a lavender colour out over the ocean. I thought to myself how blessed are we to live on such a marvellous planet. Just then I heard something on the radio about how people really hated that it was getting dark so early already. I thought to myself, "They are missing this amazing sunset whilst they are focusing on the lost amount of daylight." Hmmm, what else were they missing, and why?

There are a few reasons that could answer that question but one stands out in importance, in regards to the quality of your life, SAD – Seasonal Affective Disorder. According to the DSM-IV which is a BIG book that categorises all of the mental disorders known to man. "SAD" is not a unique mood disorder, but is "a specifier of major depression". When you are feeling low and you are focusing on the lost amount of light, time to do what you love, work load, chores, it is so easy to fall under a label. It's almost too easy and it can become an excuse for not following through with your plans for the future. Coming from a Shamanic perspective and as an Empowerment/Life Coach at Energy in Motion Coaching, my feeling is that there isn't anything that can take the joy out of your life, for any extended period of time, if you choose to be happy. Yes, we understand that during the winter there are less hours of sunlight and that for some people that can be a challenge but there are other ways to stimulate your senses to increase the amount of "Happy Hormones" that your body naturally releases.

There is an old Shamanic story that has been passed down over the years and it goes like this:

A man came to the Shaman in his village complaining of feeling sad, tired, and generally unhealthy. He told the shaman about how all of his crops were suffering and that his wife believed him to be a failure. He made mention that his children were hungry and that he felt guilty because he didn't have anything other than the root vegetables that he could grow to feed them, and he went on and on and on, until finally when he stopped to take a breath, the Shaman interrupted him and asked him these four questions.

1. When did you stop singing?
2. When did you stop dancing?
3. When did you stop being enchanted by stories?
4. When did you stop being comforted by the sweet territory of silence?

He sat for a bit with the Shaman and pondered on the questions and his response was, "But, how is that going to put more food in my children's bellies?"

The Shaman replied, "You will reap what you sow. If you plant with fear, your plants will be weak. If you see yourself as a failure, so will others. And, if you raise your children to sit by and watch you struggle with poverty, you will teach them to accept poverty for themselves. So, as you plant, sing. As you harvest, dance. And when you are done, celebrate."

During this time of year, it is easy to “fall” into a slump. As we strive for comfort from our food, wearing more clothes for greater warmth, and spending more time indoors, finding the energy to do anything can be a challenge. So, when you are feeling a bit blue here are a few suggestions to lift your spirits:

1. Exercise - Not only will it get your blood pumping and raise your body temperature but it will assist you in releasing blocked energy and increasing the amount of oxytocin that is released in your brain which is a natural “Happy Hormone”.

2. Get Some Natural Vitamin D - Take a moment at lunch or even before work as you wake to sit in the sun and breathe in the fresh new air for the day. When breathing follow the 1-4-2 rule. Breathing in for the count of 5, holding that breath for the count of 20, and releasing that breath for the count of 10. This will give your cells an infusion of oxygen which will increase the available oxygen in your blood stream.

3. Eat Green and Detox - Eating more leafy green veggies and juicing will greatly increase your energy and vitality. The more oxygen that you have available to your cells the more energy you will have to get out and do what you love to do. By cleansing the body of the toxins that steal oxygen and other

important nutrients from your body you will not only feel better but you will look more vibrant as well.

4. Check Your Focus - When you find yourself feeling down ask yourself, “What am I focusing on?” Make a list and then read it back. If it is full of “cant’s” and “not’s” perhaps a shift in your energy, a change in your psychological state is in need. Finding gratitude for what you have and what you can do will help you to get a better outlook on your life and move you out of the winter doldrums.

Winter is a wonderful time to reflect on the past cycle of the seasons and to prepare for the coming spring. What would you like to see blossom in your life in just a short 12 weeks away?

www.constancefairleight.com

Are you feeling a lack of energy and focus? Not sure how to shift back into gear during winter? Take advantage of this COMPLIMENTARY Coaching Session with Constance Fairleight and bounce back now. We'll help you to spring ahead into your future.

Contact ENERGY in MOTION Coaching at (02) 9525 4101 or 0431 289 503.



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Tarot Corner



Four of Vesicas - Integrity



The Four of Vesicas often represents your own integrity, so don't worry about what other people think. In chaotic situations, a firm hand and focus is needed to provide structure and organisation to what you are doing. Too often, however, the urge for you to control the situation gets out of hand, stifling creativity and individual

expression and diverting you from your path.

So are you being true to yourself?

Sometimes you expect people to be as you are yourself and you are disappointed when they don't meet your expectations.

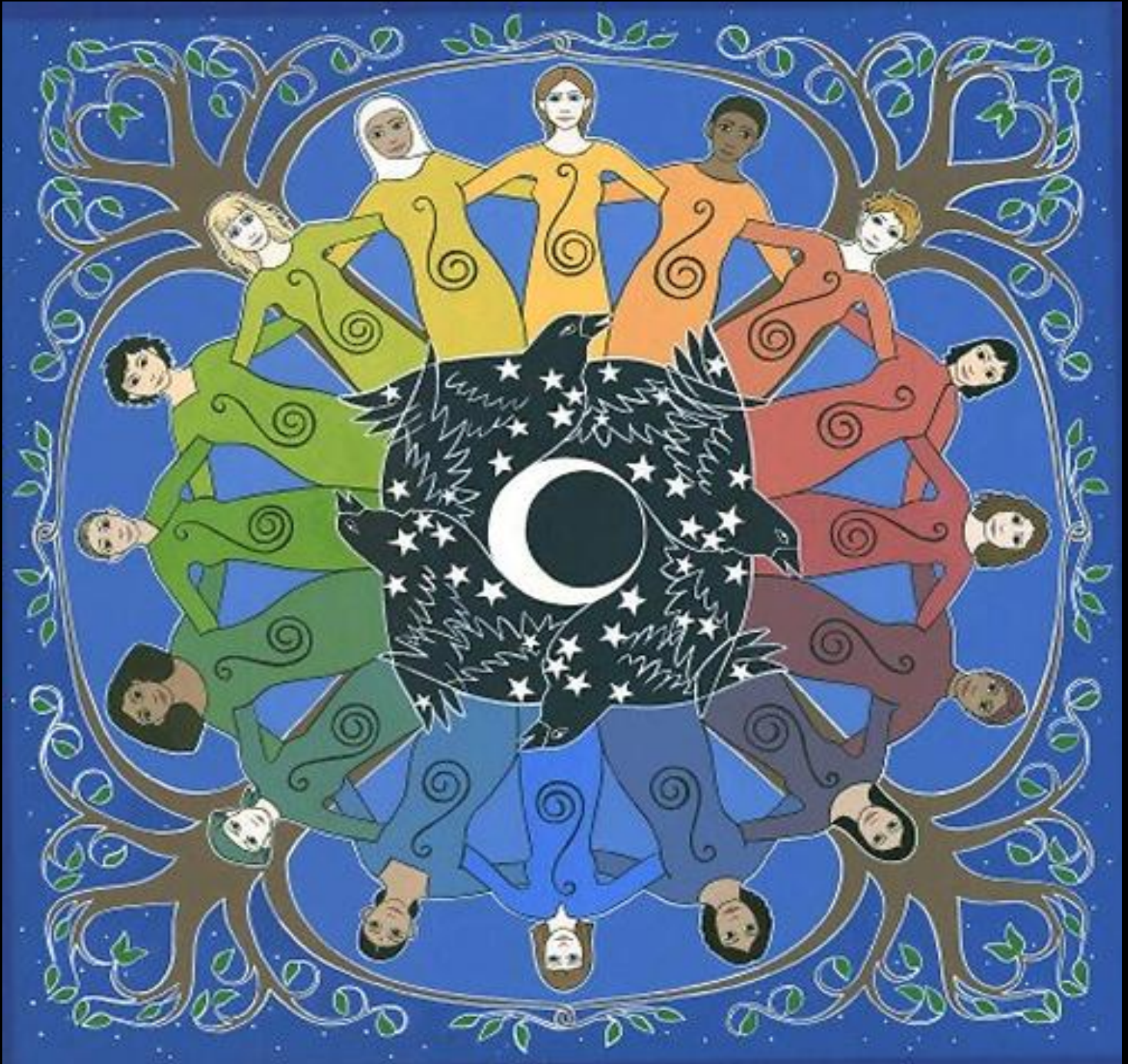
Perhaps it is time you established your boundaries and start to deal with power issues in a constructive way. That doesn't mean that you should be projecting your discontent on others either.

This a testing time, it could be a time to stop and contemplate on where you are travelling and remember "To thine own self be true".

You may think your foundations are stable, but you can never be comfortable if you spend every waking moment trying to defend your position. Sooner or later, despite your efforts, change will strike and you will be humbled.

Tarot card is from the Glastonbury Deck.

Invitation to the Circle of Soul Sisters



The Circle of Soul Sisters

We are a Circle of Women from the Inner West of Sydney who share a passion for Goddess Spirituality and Women's Mysteries. We would like to extend an invitation to other Women who share this passion to join us.

We are a Sharing Circle not a Teaching one. We are all Priestesses who come together in Sacred Space to share our own Wisdom. The teaching role is taken by all not one; because of this all members need to have a minimum level of knowledge and experience, as well as commitment. We gather in circle on a monthly or fortnightly basis, aligning ourselves with the Lunar cycles.

We dream to be a Circle of Soul Sisters who, in Perfect Love and Perfect Trust, meet regularly to study Women's mysteries and Goddess religion, and together weave a web of Women to worship and grow Spiritually.

We celebrate all that is Sacred, our Mother Goddess that is Us, that is Earth. Our focus is on this

Religious aspect of Paganism. We will explore Women's Mysteries, Connecting with the Divine/Goddess and our Spiritual Self through different practices.

We are an Eclectic Circle and do not abide to one particular Tradition.

If you are interested in joining us we would love to hear from you, tell us who you are, where you are going and what you hope to achieve; please email us at

circleofsoulsisters@gmail.com
by 03/06/13 telling us:

- Your name and how we can best contact you
- Why would you like to be part of the Circle?
- What is your dream of a perfect Women's Circle?
- Tell us about your Path, how would you describe it, and how long have you been walking this Path?
- How/where you heard from us

picture is by artist Karen McKenzie
<http://www.karenmackenzieart.com/art/sister-circle/>

Julie Treveton Jewellery & Artwork

Julie creates spiritual pieces that are keys to symbols of power



The posters: Moon mother and her child & Odin's Runic circle poster is an ancient magical alphabet. Posters are design and inspired by Julie Treveton, painted by Margret McCardle.

Julie's Contact Details:

Email: julies_haven@hotmail.com



Pagan Awareness Network Inc *Australia*

What is PAN Inc?

The Pagan Awareness Network Incorporated (PAN Inc) is a not-for-profit educational association with members Australia-wide. It is run by a management committee whose members are drawn from a broad cross-section of the Pagan community. The Association is incorporated in the state of New South Wales, with sub-committees in other states of Australia. It has no formal ties with any religious body, but works in a proactive fashion, both within the Pagan community and as a point of contact for the public, including government and media organisations.

PAN Inc aims to continue as the Australian Pagan community's most effective networking and educational body.

Our Mission

The Pagan Awareness Network Inc (PAN Inc) aims to:

Correct misinformation, raise awareness and educate the general public about Paganism and associated beliefs and practises in order to achieve religious tolerance

Foster the growth of the Pagan community through service

Brief History

The Pagan Awareness Network began in January 1997 when the Witches League for Public Awareness (Salem Mass. USA) withdrew their regional controllers. David Garland was the Australian representative

and with the support of the coven he worked with, had already embarked upon the task of making the WLPA a registered organisation here in Australia when this happened. Rather than waste all the work that had already been done David decided to start a new group here in Australia and so came up with the Pagan Awareness Network (PAN).

Join PAN

When you join PAN you are helping us to continue to provide help and services to the Pagan community. You will receive:

- a regular newsletter mailed to you.
- a membership card entitling you to discounts at selected PAN friendly businesses.
- discounts on selected PAN run events
- occasional giveaways and special deals.

Your membership goes towards helping us advocate for the Pagan community in the media and support events, groups and initiatives around the country.

Applying to join

To join PAN, first obtain a membership application form from our site. Applicants must be 18 years or older unless they have prior approval of the committee. Then fill out the membership form and send it back to us with payment. If you have any questions about joining please email us via our contact form [here](#).

PAGAN AND COMMUNITY EVENTS

Please email us the details of any pagan or community events, classes, workshops or regular meetings that you'd like to see promoted here in this free listing.

NSW

PAN Full Moon Public Circle

on the actual date of the full moon each month will be held at Seven Hills, Sydney 8:30pm

PAN Inc. full moon ritual. PAN runs a public full moon ritual each month at Rotaract Hill, Seven Hills.

The circle is held on the top of Rotaract Hill on Terminus Road Seven Hills NSW, just next to the train station. Getting there is easy. If you take the train, the hill is less than five minutes' walk (and easily visible from the station). If you drive, there is plenty of parking available both at the base of the hill and across Terminus Road.

Blessed Branches- Wand Making

with Natasha Herd

Details

When: Sunday the 28th July 2013

1:00pm-5:00pm

Where: Aberdeen Community Hall, Aberdeen, NSW, 2336

Cost: \$125.00 per person

Contact :

aberdeen_pagans@bigpond.com

Contact Phone: 0499 785 885

<https://www.facebook.com/events/320408608077316/>

Facebook:

<https://www.facebook.com/pages/Blessed-Branchesmagical-tools-by-Natasha-Herd/143168409031175>

Read more: Blessed Branches- Wand Making with Natasha Herd

Avalon by Nature presents 4

workshops 'Tapping into the Inner You'

Sunday, June 9, 2013

Indulge yourself on the June long weekend with 4 workshops designed

to tap into your own abilities and guides.

10.15am to 11.15am Angels and Intuition

Shaz Butterfly will lead an Angelic Meditation and talk about Developing and Trusting your Intuition (\$10).

11.30am - 1pm Real Healing

Doris Wittmann will show and teach you how to focus and start healing yourself. This workshop is at the cutting edge of consciousness and is limited to 10 people to ensure everyone has enough time to learn and practice (\$10).

1.30pm - 2.30pm Psychic Writing
Susy Plummer is going to show how psychic you really are! (\$10).

3pm - 4pm Connect to Totem / Guide

Nisaba Merrieweather is leading a Guided Meditation to contact your Totem or Guide (\$10).

Each workshop is \$10 or book into all 4 for \$33.

Call Jo on 0414 775 612 to book or drop into Avalon by Nature to reserve your seats.

INVOKING THE GODDESS WITHIN RETREAT FOR WOMEN

25/26/27 October 2013

A RETREAT FOR WOMEN WHO LOVE THE GODDESS

Held in a beautiful bushland setting close to Newcastle Australia

"Who am I and what am I here for?" This is a question being asked by women all over the planet. As the planetary changes move ever faster, and our Mother Earth responds, we as Her earthly embodiment are feeling the pull to evolve and become our full potential. With the dizzying array of workshops and retreats being offered to women, it is hard to choose where we put our

energy and our income. So this is what you can expect at this retreat:

Daily morning Spiritual Practice, of glorious chanting, offering of prayers and group sharing
Teachings to give you tools to fully embrace who you are – A Sacred Being
Evening ceremonies to ground the teachings in the Body, Heart and Soul
Sisterhood.....as you have always dreamed of.

VIC

Goddess Studies Australia

Details

When: Commencing February 2013

Where: Gaia's Garden Victoria

Cost: \$2000

Contact Email: tszirom@gmail.com

Contact Phone: 0398592292

Web: www.gaiasgarden.com.au

SA

THE WYTC'H'S YEAR

(Saturday, 3 August 2013)

The "Wheel of the Year", or the eight seasonal festivals form the basis around which many Pagan traditions revolve.

For more information about this one day workshop as well as other training available, visit here.

Registrations Close: 27 July 2013.

Strictly limited number of positions available. Contact Email:

frances@templedarkmoon.com

Contact Phone: 0401 788 790

Web:

<http://www.templedarkmoon.com/wcircle1.htm>

Web:

<http://www.templedarkmoon.com/wcircle1.htm>



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Did you know that SOL Magazines has now received over 100,000 visits? If you advertise in the Axis Mundi Magazine your ad will also be advertised for free in Soul Searchers and vice versa! Our advertising costs are the lowest in our industry. If you write an article for our magazines then your advertising is free.

Contact Janine Donnellan (Editor) at: axismundi@spheresoflight.com.au for further information and payment details.

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- "Business card".....\$10 per issue or \$30 for 4 issues
- "Quarter page".....\$20 per issue or \$70 for 4 issues
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- "Full page".....\$50 per issue or \$150 for 4 issues

(Advertisement sizes are based on an A4 page)



Issue 8, April 2013

Click on the magazine cover to expand it to full screen. Click the arrows on either edge to go backwards and forwards and click anywhere on the page to zoom in and out and move the cursor to read different sections. Links will be highlighted in blue while your cursor is over the magazine page.

